

**The Cathedral Church of
Saint Michael and All Angels**

welcomes you to the celebration of

The Holy Eucharist

March 12, 2023

7:00 A.M. and 9:00 A.M.



**The Cathedral Church of
Saint Michael and
All Angels
*The Diocese of Barbados***

Diocesan Bishop

The Rt. Rev'd Michael B. St. John. Maxwell, M.A.

Dean

The Very Rev'd Dr. Jeffrey D. Gibson

Precentor

The Rev'd Canon George Knight, B.Min.

Assistant Priest

The Rev'd Stephanie-Ann Wedderburn, B.Sc., B.A.

Organist/Choirmaster

Mr. John F. Bryan, B.Sc., BMus.

Organist

Mr. Eric Cobham, B.Sc., BMus.

Administrative Assistant

Ms. Arlene Miller

Vergers

Mrs. Chloe Grant

Assistant Vergers

Ms. Harriet Lowe

The Third Sunday in Lent: YEAR A

7:00 A.M. ~ Holy Eucharist

**President and Preacher:
The Rev'd Stephanie-Ann Wedderburn**

9:00 A.M. ~ Sung Eucharist

**President: The Rev'd Canon George Knight
Preacher: The Rev'd Stephanie-Ann Wedderburn**

Eucharistic Minister: Dr. Sherlock Bradshaw

. ORDER OF WORSHIP

THE PREPARATION

Organ Prelude

Welcome

Opening Hymn ~ 413 "Guide me, O thou great Redeemer,"

Guide me, O thou great Redeemer,
pilgrim through this barren land;
I am weak, but thou art mighty,
hold me with thy powerful hand:
bread of heaven,
feed me now and evermore.

Open now the crystal fountain
whence the healing stream doth flow;
let the fiery cloudy pillar
lead me all my journey through:

strong deliverer,
be thou still my strength and shield.

When I tread the verge of Jordan,
bid my anxious fears subside;
death of death, and hell's destruction,
land me safe on Canaan's side:
songs and praises
I will ever give to thee.

Words William Williams:

Opening Sentence "Lent"

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Be imitators of God, as beloved children. And walk in love, as Christ loved us and gave Himself up for us, a fragrant offering and sacrifice to God. (Ephesians 5:1-2)

COLLECT FOR PURITY

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ALL:

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your Holy Name, through Christ our Lord. Amen.

THE KYRIES

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Lord, have mercy.

Lord, have mercy.

Christ, have mercy.
Christ, have mercy.

Lord, have mercy.
Lord, have mercy.

The Collect: “**The Third Sunday in Lent**” Page 164

Let us pray.

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

(Please sit)

THE MINISTRY OF THE WORD

First Lesson: Exodus 17:1-7

Lectors:.

7:00 A.M.: Ms. Alicia White

9:00 A.M.: Mrs. Mary Weekes

A Reading from the Word of God, written in the Book of Exodus the seventeenth chapter, beginning at the first verse.

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the LORD commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarreled with Moses, and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test the LORD?" But the people thirsted there for water; and the people complained against Moses and said, "Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?" So Moses cried out to the LORD, "What shall I do with this people? They are almost ready to stone me." The LORD said to Moses, "Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink." Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarreled and tested the LORD, saying, "Is the LORD among us or not?"

LECTOR: The Word of the Lord.

ALL: **Thanks be to God.**

Venite, exultemus

- 1 Come, let us sing to the LORD;*
let us shout for joy to the Rock of our
salvation.
- 2 Let us come before his presence with
thanksgiving*
and raise a loud shout to him with psalms.
- 3 For the LORD is a great God,*
and a great King above all gods.
- 4 In his hand are the caverns of the earth,*
and the heights of the hills are his also.
- 5 The sea is his, for he made it,*
and his hands have moulded the dry land.
- 6 Come, let us bow down, and bend the knee,*
and kneel before the LORD our Maker.
- 7 For he is our God,
and we are the people of his pasture and
the sheep of his hand.*
Oh, that today you would hearken to his
voice!
- 8 Harden not your hearts,
as your forebears did in the wilderness,*
at Meribah, and on that day at Massah,
when they tempted me.
- 9 They put me to the test,*
though they had seen my works.
- 10 Forty years long I detested that generation
and said,*

"This people are wayward in their hearts;
they do not know my ways."

11 So I swore in my wrath,*

"They shall not enter into my rest."

**Glory to the Father, and to the Son: and to
the Holy Spirit; as it was in the
beginning, is now, and shall be forever.
Amen.**

Second Lesson: Romans 5:1-11

Lectors:

7:00 A.M.: Mr. Daniel Greenidge

9:00 A.M.: Ms. Cerys Francis-Thornhill

A Reading from the Word of God, written in the Letter of Paul to the Romans, the fifth chapter, beginning at the first verse.

Since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person-- though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

LECTOR: The Word of the Lord.

ALL: Thanks be to God.

The Gradual Hymn ~ 474 “Rock of ages, cleft for me,”

Rock of ages, cleft for me,
let me hide myself in thee;
let the water and the blood,
from thy riven side which flowed,
be of sin the double cure:
cleanse me from its guilt and power.

Not the labours of my hands
can fulfil thy law's demands;
could my zeal no respite know,
could my tears for ever flow,

all for sin could not atone:
thou must save, and thou alone.

Nothing in my hand I bring,
simply to thy cross I cling;
naked, come to thee for dress;
helpless, look to thee for grace;
foul, I to the fountain fly;
wash me, Saviour, or I die.

While I draw this fleeting breath,
when my eyelids close in death,
when I soar through tracts unknown,
see thee on thy judgment throne;
Rock of ages, cleft for me,
let me hide myself in thee.

Words: Augustus Montague Toplady (1740-1778), alt.

The Holy Gospel: John 4:5-42

GOSPELLER: To be narrated.

The Gospeller: The Lord be with you.

ALL: And also with you.

A Reading from the Holy Gospel according to John,
the fourth chapter, beginning at the fifth verse.

ALL: Glory to Christ our Saviour.

Narrator: Jesus came to a Samaritan city called
Sychar, near the plot of ground that Jacob had given
to his son Joseph. Jacob's well was there, and

Jesus, tired out by his journey, was sitting by the well. It was about noon.

A Samaritan woman came to draw water, and Jesus said to her,

Jesus: “Give me a drink.”

Narrator: (His disciples had gone to the city to buy food.) The Samaritan woman said to him,

Woman: “How is it that you, a Jew, ask a drink of me, a woman of Samaria?” (Jews do not share things in common with Samaritans.) Jesus answered her,

Jesus: “If you knew the gift of God, and who it is that is saying to you, ‘Give me a drink,’ you would have asked him, and he would have given you living water.”

Narrator: The woman said to him,

Woman: “Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?”

Narrator: Jesus said to her,

Jesus: “Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.”

Narrator: The woman said to him,

Woman: “Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water.”

Narrator: Jesus said to her,

Jesus: “Go, call your husband, and come back.”

Narrator: The woman answered him,

Woman: “I have no husband.”

Narrator: Jesus said to her,

Jesus: “You are right in saying, ‘I have no husband’; for you have had five husbands, and the one you have now is not your husband. What you have said is true!”

Narrator: The woman said to him,

Woman: “Sir, I see that you are a prophet. Our ancestors worshiped on this mountain, but you say

that the place where people must worship is in Jerusalem.”

Narrator: Jesus said to her,

Jesus: “Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth.”

Narrator: The woman said to him,

Woman: “I know that Messiah is coming” (who is called Christ). “When he comes, he will proclaim all things to us.”

Narrator: Jesus said to her,

Jesus: “I am he, the one who is speaking to you.”

Narrator: Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, “What do you want?” or, “Why are you speaking with her?” Then the woman left her water jar and went back to the city. She said to the people,

Woman: “Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?”

Narrator: They left the city and were on their way to him.

Meanwhile the disciples were urging him,

Disciples: “Rabbi, eat something.”

Narrator: But he said to them,

Jesus: “I have food to eat that you do not know about.”

Narrator: So the disciples said to one another,

Disciples: “Surely no one has brought him something to eat?”

Narrator: Jesus said to them,

Jesus: “My food is to do the will of him who sent me and to complete his work. Do you not say, ‘Four months more, then comes the harvest’? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, ‘One sows and another reaps.’ I sent you

to reap that for which you did not labour. Others have labored, and you have entered into their labour.”

Narrator: Many Samaritans from that city believed in him because of the woman’s testimony, “He told me everything I have ever done.” So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. And many more believed because of his word. They said to the woman,

Samaritans: “It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Savior of the world.”

The Gospeller: The Gospel of Christ.

ALL: Praise to Christ our Lord.

The Sermon:

The Rev’d Stephanie-Ann Wedderburn

(Please stand as able)

The Nicene Creed

We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is seen or unseen.

We believe in one Lord, Jesus Christ,
the only Son of God,

eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
one in Being with the Father.
Through Him all things were made.

For us and for our salvation

He came down from heaven:
by the power of the Holy Spirit
He was born of the Virgin Mary,
and became man.

For our sake He was crucified under Pontius Pilate;
He suffered, died and was buried.

On the third day He rose again
in fulfilment of the Scriptures;

He ascended into heaven
and is seated at the right
hand of the Father

He will come again in glory to judge
the living and the dead,
and His kingdom will have no end.

We believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father.

With the Father and the Son
He is worshipped and glorified.

He has spoken through the Prophets.

We believe in one holy catholic
and apostolic Church.

We acknowledge one baptism

for the forgiveness of sins.

We look for the resurrection of the dead,
and the life of the world to come. **Amen**

INTERCESSION FORM “B”

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Intercessors:

7:00 A.M.: Ms. Harriet Godding

9:00 A.M.: Ms. Sharron Lucas-Blackman

(Please sit or kneel)

LEADER: Father, we pray for your holy Catholic Church;

ALL: That we all may be one.

LEADER: Grant that every member of the Church may truly and humbly serve you.

ALL: That your Name may be glorified by all people.

LEADER: We pray for all Bishops, Priests, and Deacons;

ALL: That they may be faithful ministers of your Word and Sacraments.

LEADER: We pray for all who govern and hold authority in the nations of the world;

ALL: That there may be justice and peace on the earth.

LEADER: Give us grace to do your will in all that we undertake;

ALL: That our works may find favour in your sight.

LEADER: Have compassion on those who suffer from any grief or trouble;

ALL: That they may be delivered from their distress.

LEADER: Give to the departed eternal rest;

ALL: Let light perpetual shine upon them.

LEADER: We praise you for your saints who have entered into joy;

ALL: May we also come to share in your heavenly kingdom.

LEADER: Let us pray for our needs and those of others

(Silence may be kept).

ALL: Almighty God, to whom our needs are known before we ask, help us to ask only what accords to your will; and the good things which we dare not, or in our blindness cannot ask, grant us for the sake of your Son, Jesus Christ our Lord. Amen.

ACT OF PENITENCE

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PRESIDENT: If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, God is faithful and just, and will forgive our sins, and cleanse us from all unrighteousness. 1 John 1:8,9)

(A period of silence shall be kept).

PRESIDENT:

Let us therefore confess our sins.

FORM B

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ALL

Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbours as ourselves; we have not loved ourselves as we ought. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy upon us and forgive us, that we may delight in your will, and walk in your ways, to the glory of your name. Amen.

THE ABSOLUTION

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PRESIDENT:

Almighty God have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in life eternal; through Jesus Christ our Lord.

ALL: *Amen.*

(Please stand as able)

PRESIDENT:

If you are offering your gift at the altar, and there remember that your brother or sister has something against you.

ALL: Leave your gift there before the altar, and go; first be reconciled to your brother or sister, and then come and offer your gift.

PRESIDENT: The Peace of the Lord be always with you.

ALL: And also with you.

HYMN OF FELLOWSHIP: “Let there be peace on earth”

Let there be peace on earth
And let it begin with me
Let there be peace on earth
The peace that was meant to be
With God our Creator
Children all are we
Let us walk with each other
In perfect harmony.

Let peace begin with me
Let this be the moment now
With every step I take
Let this be my solemn vow
To take each moment
And live each moment
In peace eternally

Let there be peace on earth
And let it begin with me.

THE MINISTRY OF THE SACRAMENT

(During the singing of this hymn, if worshippers have not already done so, they are asked to place their offering in the wooden boxes provided on the tables in the aisle)

The Offertory Hymn ~ 463 “Come, thou fount of every blessing,”

Come, thou fount of every blessing,
tune my heart to sing thy praise!
Streams of mercy never ceasing,
call for songs of loudest praise.
Teach me some melodious sonnet,
sung by flaming tongues above.
Praise the mount! Oh, fix me on it,
mount of God's unchanging love.

Here I find my greatest treasure;
hither, by thy help, I've come;
and I hope, by thy good pleasure,
safely to arrive at home.
Jesus sought me when a stranger
wandering from the fold of God;
he, to rescue me from danger,
interposed his precious blood.

Oh, to grace how great a debtor
daily I'm constrained to be!
Let thy goodness, like a fetter,
bind my wandering heart to thee:

prone to wander, Lord, I feel it,
prone to leave the God I love;
here's my heart, oh, take and seal it,
seal it for thy courts above.

Words: Robert Robinson (1735-1790), alt.

THE OFFERTORY PRAYER "B"

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PRESIDENT AND PEOPLE:

Father, we offer you these gifts which you have given us: this bread, this wine, this money. With them we offer ourselves, our lives, and our work, to become through your Holy Spirit a reasonable, holy, and lively sacrifice. As this bread and wine become the Body and Blood of Christ, so may we and all your people become channels of your love; through the same Christ our Lord. Amen.

THE EUCHARISTIC PRAYER

Page 126

PRESIDENT: The Lord be with you.

ALL: And also with you.

PRESIDENT: Lift up your hearts.

ALL: We lift them up to the Lord.

PRESIDENT: Let us give thanks to the Lord our God.

ALL: It is right to give God thanks and praise.

PRESIDENT:

It is right, and a good and joyful thing, always and everywhere to give you thanks, Father almighty, everlasting God:

For you bid your faithful people cleanse their hearts, and prepare with joy for the Paschal feast; that, fervent in prayer and in works of mercy, and renewed by your Word and Sacraments, they may come to the fullness of grace which you have prepared for those who love you.

Therefore we praise you, joining our voices with angels and archangels and with all the company of heaven, who forever sing this hymn to proclaim the glory of your Name:

ALL:

**Holy, holy, holy Lord,
God of power and might;
heaven and earth are full of your glory,
Hosanna in the highest!
Blessed is He who comes
in the name of the Lord.
Hosanna in the highest!**

(Please sit or kneel)

The Great Thanksgiving “B”

Page 135

PRESIDENT:

Holy and gracious Father,
all creation rightly gives you praise.
All life, all holiness, comes from you
through your Son, Jesus Christ our Lord,
whom you sent to share our human nature,
to live and die as one of us, to reconcile us to you,
the God and Father of all.

We therefore bring you these gifts,
and we ask you to make them holy by the power of
your Spirit, that they may become the Body and Blood
of your Son, our Saviour Jesus Christ,
who offered Himself in obedience to your will,
the Perfect Sacrifice for all mankind.

On the night He was betrayed,
He took bread,
and when He had given thanks to you,
He broke it and gave it to His disciples and said:
"Take this and eat it:
This is my Body which is given for you.
Do this for the remembrance of me."

After supper He took the cup of wine:
and when He had given thanks, He gave it to them
and said: "Drink this, all of you:
This is my Blood of the New Covenant,
Which is shed for you and for many for the
forgiveness of sins. Do this, whenever you drink it,
For the remembrance of me."

PRESIDENT:

Let us proclaim the mystery of our faith.

ALL:

**When we eat this Bread and drink this Cup, we
proclaim the death of Christ until He comes again.**

PRESIDENT:

Father, calling to mind the death your Son
endured for our salvation;
His glorious Resurrection and Ascension;

His continual intercession for us in heaven;
and looking for His coming again in glory,
we offer you, in thanksgiving,
this holy and life-giving sacrifice.

Look with favour on your Church's offering,
and grant that we who eat and drink these holy gifts
may be filled with your Holy Spirit
and become one body in Christ,
and serve you in unity, constancy and peace.

May He make us a perpetual offering to you and
enable us, in communion with blessed Mary
and the whole company of heaven,
to share in the inheritance of your Saints.

With Him, and in Him, and through Him,
by the power of the Holy Spirit,
we worship you, Father Almighty,
with all who stand before you in earth and heaven
in songs of everlasting praise:

ALL:
Blessing and honour and glory and power
be yours for ever and ever. Amen.

THE LORD'S PRAYER

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PRESIDENT:
As our Saviour has taught us, so we pray:

ALL:
Our Father in heaven,

**hallowed be your Name;
your kingdom come; your will be done
on earth as in heaven.
Give us today our daily bread,
Forgive us our sins
as we forgive those who sin against us.
Save us from the time of trial
and deliver us from evil.
For the kingdom, the power,
and the glory are yours now and forever. Amen.**

The Breaking of The Bread “C” Page 145

PRESIDENT:

This is the true bread which comes from heaven.

ALL:

Whoever eats this bread will live forever.

THE COMMUNION

The Invitation “B’ Page 146

PRESIDENT:

The Gifts of God for the People of God.

ALL:

**Our souls will feast and be satisfied, and we will
sing glad songs of praise to Him. Amen.**

Lamb of God, you take away the sin of the world:
have mercy on us.

Lamb of God, you take away the sin of the world:
have mercy on us.

Lamb of God, you take away the sin of the world:
grant us peace.



The Administration of Communion/Spiritual Communion

The Communion Hymn ~ 442 “Like the woman at the well,”

Like the woman at the well,
I was seeking for things that could not satisfy;
and then I heard the Saviour speaking:
‘draw from my well that never shall run dry.’

Refrain:

*Fill my cup, Lord; I lift it up, Lord!
Come and quench this thirsting of my soul.
Bread of heaven, feed me till I want no more.
Fill my cup; fill it up and make me whole!*

There are millions in this world
who are craving the pleasures earthly things afford;
but none can match the wondrous treasure
that I find in Jesus Christ, my Lord.

Refrain

So, my brother, if the things this world gave you
leave hungers that won't pass away,
my blessed Lord will come and save you
if you kneel to him and humbly pray:

Refrain

Author: Edith Sinclair Downing

BLESSING OF THE CHILDREN Hymn – 645 “Do no
sinful action,”

Do no sinful action,
speak no angry word:
ye belong to Jesus,
children of the Lord.

Christ is kind and gentle,
Christ is pure and true;
and his little children
must be holy too.

There's a wicked spirit
watching round you still,
and he tries to tempt you
to all harm and ill.

But ye must not hear him,
though 'tis hard for you
to resist the evil,
and the good to do.

For ye promised truly,
in your infant days,
to renounce him wholly,
and forsake his ways.

Ye are new-born Christians,
ye must learn to fight
with the bad within you,
and to do the right.

Christ is your own Master;
he is good and true,
and his little children
must be holy too.

Author: Cecil Frances Alexander

THE POST COMMUNION PRAYER “B” Page 148

ALL:

Eternal God and Heavenly Father, we thank you for feeding us with the Body and Blood of your Son Jesus Christ. Send us now into the world in peace, and grant us strength and courage to love and serve you, and all person in you, with gladness and singleness of heart, through your son Jesus Christ our Lord. Amen

The Blessing “*Lent*”

Page 150

Christ give you grace to grow in holiness, to deny yourselves, take up your cross, and follow Him; and the Blessing of God Almighty, the Father, the Son and the Holy Spirit, be among you and remain with you always.
Amen.

Welcome and Announcements

The Recessional **Hymn** ~ 500 “I heard the voice of Jesus say,”

I heard the voice of Jesus say,
‘Come unto me and rest;
lay down, thou weary one, lay down
thy head upon my breast:’
I came to Jesus as I was,
weary and worn and sad;
I found in him a resting-place,
and he has made me glad.

I heard the voice of Jesus say,
‘Behold I freely give
the living water, thirsty one,
stoop down and drink and live.’
I came to Jesus and I drank
of that life-giving stream;
my thirst was quenched, my soul revived,
and now I live in him.

I heard the voice of Jesus say,
‘I am this dark world's Light;
look unto me, thy morn shall rise,
and all thy day be bright:’
I looked to Jesus, and I found
in him my Star, my Sun;
and in that Light of life I'll walk
till travelling days are done.

Words: Horatius Bonar (1808-1889)

THE DISMISSAL

PRESIDENT: The Lord be with you

ALL: And also with you.

PRESIDENT: Go in peace and serve the Lord.

ALL: In the name of Christ. Amen

Organ Postlude (*Worshippers are invited to sit silently to listen to the voluntary but those who wish to leave at this point may do so quietly.*)

Thank you most sincerely for worshipping at the Cathedral this morning.

THE THIRD SUNDAY IN LENT ~ YEAR A

THEME FOR THE WEEK

“In shaping our conversion of life, God always takes the initiative by his grace.”

First Reading: Exodus 17:1-7

Comment: "Water from the rock in the wilderness"

In our Hebrew Bible story, **the people are at the point of rebellion because they are without water** in the wilderness. Moses decries their readiness to challenge the Lord through their lack of trust, and he asks God what is to be done. The Lord instructs

Moses to strike a rock with his staff so that water will pour from it. This place he names Massah (meaning Challenge) and Meribah (meaning Dispute).

Psalm 95

Comment: "Let us shout for joy to the rock of our salvation."

A call to worship the Lord our God, with a warning not to put God to the test.

Second Reading: Romans 5:1-11

Comment: "Reconciled to God by Christ's death"

In this lection we hear how **Paul bids disciples to rejoice in the reconciliation and hope which are theirs because of the sacrifice of Christ on behalf of sinners.** Through faith we have justification; we are given a right relationship with God. Now even our sufferings can lead to endurance, and this to a perseverance which strengthens our hope. Since God was willing to show such a love while we were still God's enemies because of sin, how much more we are assured that we are to be saved.

The Holy Gospel: John 4:5-42

Comment: "Baptismal image: the woman at the well"

Our gospel tells **the story of Jesus' meeting with the Samaritan woman by Jacob's well.** The narrative is rich with themes. Jesus is willing to break with custom in order to talk with one who is both a woman and a foreigner. True worship of God is tied to no particular place. He himself offers living water which wells up to eternal life. The woman learns that Jesus is the expected Messiah, and later others from the town come to believe that he is the world's Saviour. During an interval in the story, Jesus speaks with his disciples concerning his true food and drink, and tells them that the time of harvesting for eternal life is at hand.

CATHEDRAL NEWS

FINANCIAL STEWARDSHIP: Friends and well-wishers may write to: stmichaelcathedral@caribsurf.com or call: 1-246-427-0790 for more details. Meantime, donations can be made through online payments to St. Michael's Cathedral CIBC First Caribbean International Bank, Bridgetown Branch, Account #2719302, Transit #09606.

INITIAL OFFERING: The cost of this year's Stewardship envelopes is (\$3,678.88). A hearty thank you is extended to all members who have made Initial Offering. So far the total amount collected is

\$3,204.00. We encourage persons who have not made their contribution as yet, to do so as soon as possible.

WEEKLY BULLETIN ELECTRONICALLY:

At a recently held meeting of the Parochial Church Council, the decision was made to produce the weekly bulletin electronically from March 5, 2023. Members are encouraged to use the digital format or the CPWI Book of Common Prayer and Hymnal. To facilitate the smooth transition of this process, members are asked to update their records - both email addresses and WhatsApp numbers - with the Administrative Assistant at The Cathedral Office. Thank you for your kind consideration and cooperation.



SICK: Please remember the sick and injured of our parish and wider community, especially Margaret Browne, Elsie Brunson, Chesterfield A. Benjamin, Colleen Byer, Grace Catlyn, Courtney Carrington, Darwin Clarke, Alice P. Hall, Jonathan Holder, Marcia Hoyte, Selina Jones, Blair Murray, Clyde Outram, Sylvester “Blues” Sargeant, Sheila Sealy, Phyllis Springer, Winifred Trotman, and George Yearwood.



BEREAVEMENT: We extend sincere condolences to the family of the late Jeffrey Jackman, nephew of Captain Evelyn Jackman and cousin of Captain Donnah Russell. “Blessed are those who mourn, for they will be comforted.” (Matthew 5:4)

LOOKING AHEAD!



The Annual Dean's Lecture: The Very Rev'd Dr. Michael Sniffen, Dean of the Cathedral Church of the Incarnation

Garden City, Long Island, New York, will deliver the Annual Dean's Lecture in the Courtney Blackman Grand Salle, The Central Bank of Barbados, Bridgetown, St. Michael on Thursday, March 23, 2023 at 7:00 p.m. His topic will be: "The Spirituality of the City." All are invited to attend.

Visiting Preacher: The Very Rev'd Dr. Michael Sniffen, Dean of the Cathedral Church of the Incarnation, Garden City, Long Island, New York, will be visiting preacher in the Cathedral on Sunday, March 26, 2023 at 9:00 a.m. Sung Eucharist.

Classical Concert: As part of the Bridgetown International Arts Festival the National Cultural Foundation will present a Classical Concert on Sunday, March 26, 2023 at 6:00 p.m. at the St. Michael's Cathedral. Admission is \$25.00.

CONGRATULATIONS!

Congratulations to all those celebrating birthdays this week.

March 12-18, 2023

Ms. Corliss A. Hinds ~12

Ms. Gloria Regis ~ 15

Ms. Zanieva Greaves ~ 13

Mr. Winfield L. Downes ~ 14

Mr. Nicholas J. N. Small ~ 14



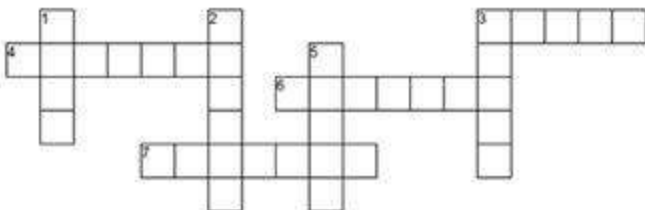
The Woman at the Well

Jesus answered her, "If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water." John 4:10 (NIV)



The puzzle is based on John 4:5-26 (NIV)

1. Using the Across and Down clues, write the correct words in the numbered grid below.



ACROSS

3. An adult female
4. The one expected to come and save the world
6. A person who tells what will happen in the future
7. The man to whom a woman is married

DOWN

1. A deep hole in the ground from which we get water
2. The need or desire to drink something, especially water
3. A clear, colorless liquid which is necessary for life
5. To take in liquid through the mouth

WELL	WOMAN	WATER	PROPHET
DRINK	THIRST	MESSIAH	HUSBAND

SERMON NOTES

Text:.....

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Topic:.....

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Preacher:.....

Points to Ponder:

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What was God saying specifically to me during the Sermon?

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**Daily Book of Common Prayer Readings
(March 12 - 16, 2023)**

Day	Morning Readings	Evening Readings
The Third Sunday in Lent	Psalms 93, 96 Jeremiah 6:9-15 1 Corinthians 6:12-20	Psalm 34 Genesis 44:1-17 Mark 5:1-20
Monday	Psalm 80 Jeremiah 7:1-15 Romans 4:1-12	Psalms 77, (79) Genesis 44:18-34 John 7:14-36
Tuesday	Psalm 78:1-39 Jeremiah 7:21-34 Romans 4:13-25	Psalm 78:40-72 Genesis 45:1-15 John 7:37-52
Wednesday	Psalm 119:97-120 Jeremiah 8:18—9:6 Romans 5:1-11	Psalms 81, 82 Genesis 45:16-28 John 8:12-20
Thursday	Psalms (83) or 42, 43 Jeremiah 10:11-24 Romans 5:12-21	Psalms 85, 86 Genesis 46:1-7, 28-34 John 8:21-32
Friday Special Devotion	Psalms 95 (Invitatory) & 88 Jeremiah 11:1-8, 14-20 Romans 6:1-11	Psalms 91, 92 Genesis 47:1-26 John 8:33-47
Saturday	Psalms 87, 90 Jeremiah 13:1-11 Romans 6:12-23	Psalm 136 Genesis 47:27—48:7 John 8:47-59 Collect for 4 Lent



**Diocesan Lenten Study on the Five Marks of Mission
St. Michael's Deanery**

Sunday, 12th March - Mark 2 - TEACH

Venue - All Souls –

Presenters: The Rev'd Canon Wayne Isaacs/
Mr. Gerald Rose

Meeting ID: 812 7230 3461

Passcode: Lent2&3

There is a YouTube address as well for Session 2 –
[All Souls Church, Bank Hall - Lenten Study 2023](#)

Sunday, 19th March - Mark 3 - TEND

Venue - All Souls –

Presenter: The Rev'd Suzanne Ellis

Sunday, 26th March - Mark 4 - TRANSFORM

Venue - St Stephen –

Presenter: The Rev'd Stephanie-Ann Wedderburn

Tuesday 4th April - Mark 5 - TREASURE

Venue - St Paul –

Presenter: The Rev'd Clive Thomas

All sessions begin at 6:00 p.m. All persons are encouraged to join, either in person or online.

CATHEDRAL MINISTRIES

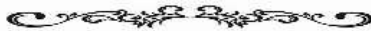
Sunday, March 12, 2023
The Third Sunday in Lent
7:00 A.M. ~ Holy Eucharist
President and Preacher
The Rev'd Stephanie-Ann Wedderburn

9:00 A.M. ~ Sung Eucharist
President: The Rev'd Canon George Knight
Preacher: The Rev'd Stephanie-Ann Wedderburn

9:30 A.M. ~ Sunday School

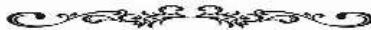
6:00 P.M Diocesan Lenten Study on the Five Marks of
Mission – TEACH
(At The Church of All Souls or online)
Meeting ID: 812 7230 3461
Passcode: Lent2&3

[All Souls Church, Bank Hall - Lenten Study 2023](#)



Wednesday. ~ March 15, 2023

10:00 A.M. ~ Holy Eucharist
Preacher: The Very Rev'd Dr. Jeffrey D. Gibson



Sunday, March 19, 2023
The Fourth Sunday in Lent: Mothering,

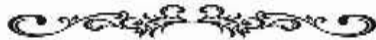
**Refreshment or Rose Sunday
(Members are asked to wear pink)**

7:00 A.M. ~ Holy Eucharist

9:00 A.M. ~ Sung Eucharist

9:30 A.M. ~ Sunday School

**6:00 P.M Diocesan Lenten Study on the Five Marks of
Mission - Tend**



OFFICERS OF THE CHURCH OUNCIL

Church Warden Emeritus:

Mr. Arlington DaCosta Watson, BSM, J.P.

Church Wardens:

Mr. Samuel Maxwell, J.P., Mr. Victor Sylvester

Secretary: Ms. Donnah Russell

Assistant Secretary: Mrs. Juno Burrows

Treasurer: Mr. David Murray

Assistant Treasurer: Ms. Harriet Clarke

Synod Representatives:

Mr. Darwin Clarke

Mr. Samuel Maxwell, J.P.

Dr. Wendy Sealy

Alternative Synod Representative:

Ms. Donna Inniss

LEADERS OF ORGANISATIONS AND MINISTRIES

Men's Fellowship:	Mr. John Moore
Mothers' Union:	Mrs. Colleen Byer
Church Army:	Captain Donnah Russell
Woman's Auxiliary:	Vacant
Ushers Guild:	Mrs. Juno Burrows
Outreach Committee:	Mrs. Delores Hinds
Guild of Servers:	Mr. Jerry Alleyne
Health Ministry:	Dr. Wendy Sealy
Sunday School:	Mrs. Harriett Blackman
Flower Guild:	Vacant
Guild of St. Raphael:	Mr. Darwin Clarke



CONTACT US

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stmichaelcathedral@caribsurf.com

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<http://www.youtube.com/c/SaintMichaelsCathedralBarbados>

Address:

St. Michael's Row, Bridgetown

Telephone: 1 (246) 427-0790 (Office)

Monday – Friday: 9:00 A.M. to 5:00 P.M.

Telephone: 1 (246)437-4265 (Dean's Residence)